



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 19083, Candies, sweet chocolate coated fondant

Report Date: June 26, 2017 16:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.5 Fat Factor: 8.4 Protein Factor: 3.1 Nitrogen to Protein Conversion Factor: 5.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty, large 43g	1 patty, small 11g
<strong>Proximates</strong>						
Water	g	7.70	6	0.671	3.31	0.85
Energy	kcal	366	--	--	157	40
Energy	kJ	1533	--	--	659	169
Protein	g	2.20	5	0.299	0.95	0.24
Total lipid (fat)	g	9.30	5	1.300	4.00	1.02
Ash	g	0.40	6	0.026	0.17	0.04
Carbohydrate, by difference	g	80.40	--	--	34.57	8.84
Fiber, total dietary	g	2.1	--	--	0.9	0.2
Sugars, total	g	71.42	--	--	30.71	7.86
<strong>Minerals</strong>						
Calcium, Ca	mg	17	4	2.291	7	2
Iron, Fe	mg	1.56	4	0.028	0.67	0.17
Magnesium, Mg	mg	63	1	--	27	7
Phosphorus, P	mg	95	1	--	41	10
Potassium, K	mg	168	1	--	72	18
Sodium, Na	mg	26	2	--	11	3
Zinc, Zn	mg	0.45	3	0.166	0.19	0.05
Copper, Cu	mg	0.430	1	--	0.185	0.047
Manganese, Mn	mg	0.400	1	--	0.172	0.044
Selenium, Se	µg	1.6	--	--	0.7	0.2
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty, large 43g	1 patty, small 11g
Thiamin	mg	0.026	4	0.010	0.011	0.003
Riboflavin	mg	0.058	4	0.014	0.025	0.006
Niacin	mg	0.575	2	--	0.247	0.063
Pantothenic acid	mg	0.024	--	--	0.010	0.003
Vitamin B-6	mg	0.010	--	--	0.004	0.001
Folate, total	µg	3	--	--	1	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	1	0
Folate, DFE	µg	3	--	--	1	0
Choline, total	mg	2.8	--	--	1.2	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	4	--	--	2	0
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.06	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.1	--	--	0.9	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	5.460	--	--	2.348	0.601
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty, large 43g	1 patty, small 11g
12:0	g	0.000	--	--	0.000	0.000
13:0	g	0.000	--	--	0.000	0.000
14:0	g	0.009	--	--	0.004	0.001
15:0	g	0.000	--	--	0.000	0.000
16:0	g	2.317	--	--	0.996	0.255
17:0	g	0.005	--	--	0.002	0.001
18:0	g	3.035	--	--	1.305	0.334
20:0	g	0.026	--	--	0.011	0.003
22:0	g	0.002	--	--	0.001	0.000
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	3.090	--	--	1.329	0.340
14:1	g	0.000	--	--	0.000	0.000
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.018	--	--	0.008	0.002
17:1	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	3.067	--	--	1.319	0.337
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.300	--	--	0.129	0.033
18:2 undifferentiated	g	0.281	--	--	0.121	0.031
18:3 undifferentiated	g	0.014	--	--	0.006	0.002
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	3	0.000	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty, large 43g	1 patty, small 11g
Caffeine	mg	10	--	--	4	1
Theobromine	mg	185	--	--	80	20